



YOUR ADVENTURE AWAITS

Expeditions

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General Travel Brochure



Wallet Card



**GUIDANCE ON THE TRANSPORT OF
PORTABLE DIALYSIS MACHINES BY
TRAVELERS WITH DISABILITIES
(14 CFR 382)**

Go directly to a particular topic



Equipment



What to Pack

Your trip is booked and your flights are confirmed. You have your paperwork and you and your care team are aligned. Now you can pack your bags!

Below are some of the supplies you may need to bring on your trip*:

- Needles and syringes
- Dressing Pack
- Bandages/plasters
- Tape and gauze
- Gloves and masks
- Tourniquet and scissors
- Disinfectant
- Thermometer
- Scales
- Blood Pressure Device
- Sharps Bin/Container
- Anticoagulants
- Medication(s)
- Saline

ADDITIONAL ITEMS TO PACK OR PURCHASE AT YOUR DESTINATION:

Tape to secure the drain line | Waste bags and ties
Cleaning supplies to disinfect treatment area

*Your packing list will depend on your access and therapy type, your destination(s), and your trip itinerary. Review this list with your care team prior to your trip.





NxStage Travel Supplies

With advance notice, NxStage can assist with getting supplies delivered to your travel destination.



Supply shipments must be approved by your care team and are based on your prescription, length of trip, and destination. Contact NxStage Customer Service to determine what supplies can be shipped to your destination. You should always confirm that your supplies have arrived at your destination before you depart for your trip. Complete the NxStage Travel Order form with your care team and submit to NxStage Customer Service to receive a quote for the cost of your trip.

Supplies available for shipment:

- Cartridges
 - Warmer disposables
 - Premixed bagged dialysate
 - Saline (1 liter bags)*
 - Drain lines
- *Saline availability and cost will vary by destination

CONTACT YOUR LOCAL CUSTOMER SERVICE FOR NXSTAGE TRAVEL SERVICE AS LEAD TIMES OF UP TO 60 DAYS WILL APPLY DEPENDING ON YOUR TRAVEL DESTINATION

NOTE: All supplies ship in full cases only. You are responsible for bringing home any unused supplies. Your standard monthly shipment will be adjusted to account for travel shipments.



Travel by Air

If your Nxpedition involves air travel, contact the airline in advance of booking your flight. Advance planning will prepare you for any issues that arise.

As part of your trip preparations, contact the airline.

- Ask to talk to the Disability Coordinator or Complaint Resolution Officer
- Make them aware of your travel requirements and ask what documentation will be necessary at time of check in to prevent any issues
- If you already have a reservation, ask them to make a note in your reservation record (all flight segments) that you will be checking medical equipment at the gate
- Make a note of the name and contact information of the airline personnel that you talk to in case there are issues at time of check in
- Ask if they can provide a confirmation on company letterhead stating that you will be allowed to check your equipment and supplies at no charge. If they refuse, ask for a resolution process
- Find out if your departure and arrival airports have skycaps or offer assistance for luggage handling
- Book a direct flight whenever possible





Travel by Air

If your Nxpedition involves air travel, contact the airline in advance of booking your flight. Advance planning will prepare you for any issues that arise.

If the airline refuses to help you or tries to charge for the extra luggage, refer them to 14 CFR 382 and the US DOT document titled: **GUIDANCE ON THE TRANSPORT OF PORTABLE DIALYSIS MACHINES BY TRAVELERS WITH DISABILITIES** and let them know that you will file a complaint if necessary.

NOTE:

- All airlines flying to, within, or from the US are subject to these rules. To report a problem, call the DOT Disability Hotline at 800-778-4838.
- Xray scanners used for security screening will not damage your equipment.





Travel by Air (CONTINUED)

If your Nxpediton involves air travel, keep in mind these important tips when booking your flights, packing your suitcase, and arriving at the airport.

- Pack all medicines and supplies for at least 2 treatments in your carry on luggage. Be prepared for unscheduled layovers in the event of flight or delivery delays at your destination
- Most airline security rules limit liquids to 3 ounce (100mL) containers in carry on luggage. This limit does not apply to medicines as long as they are clearly labeled
- To check the cyclor as baggage, you will need to use a hard travel case or a NxStage shipping box (See equipment tab for more details) to protect it from damage
- Attach labels to the travel case or box stating; “Medical equipment; must travel with passenger.”



Travel by Air (CONTINUED)

If your Nxpedition involves air travel, keep in mind these important tips when booking your flights, packing your suitcase, and arriving at the airport.

- Important documents to have available at time of check in:
 - » Letter from your doctor stating need for dialysis therapy and any drugs that you are taking with you
 - » NxStage Travel Prescription signed by your doctor
 - » Packing list of equipment and supplies along with quantity and weight
 - » Copy of **US DOT Guidance on the Transport of Portable Dialysis Machines (14 CFR 382)**
 - » And most importantly, your boarding pass and photo ID!

IF POSSIBLE, DIALYZE ON THE DAY OF YOUR DEPARTURE IN CASE THERE ARE ANY DELAYS AT THE DESTINATION.



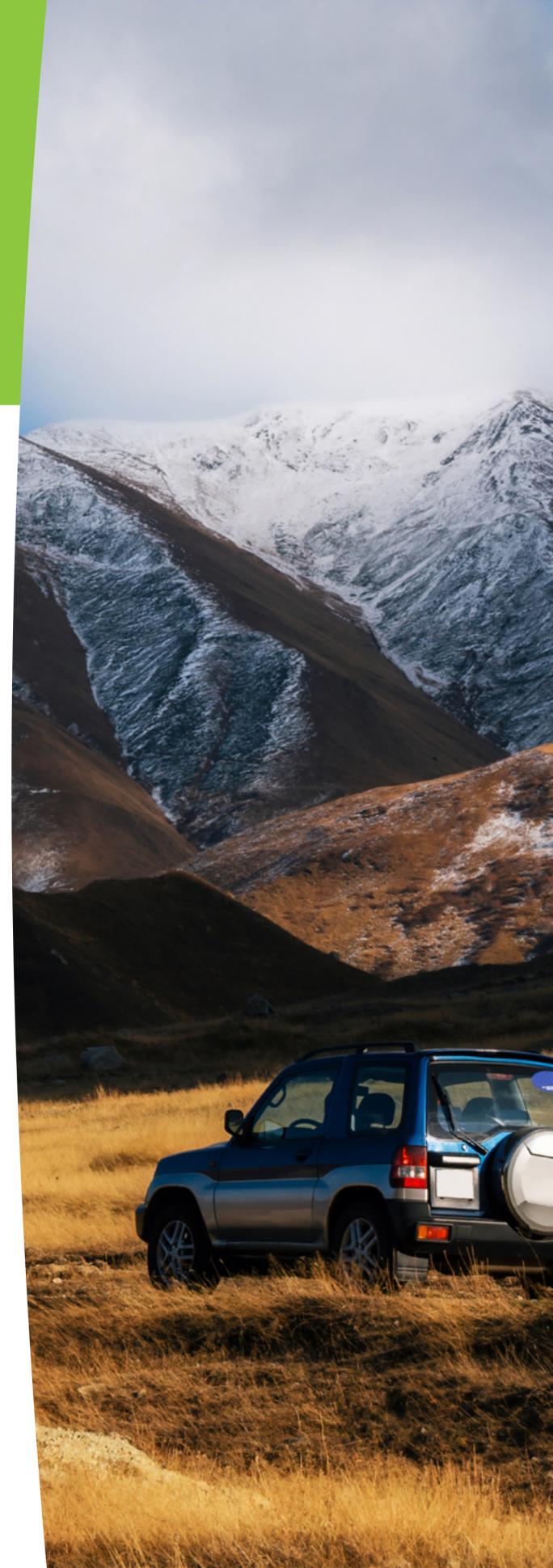
Travel by Land

Wherever the road may take you, it's easy to take your Cycler along for the journey. Below are some tips and notes for travel by car, rail or bus.

- For trips of less than one week, NxStage recommends that you bring your dialysate, saline and supplies from home along with you
- For trips longer than a week, NxStage can arrange to ship dialysate and supplies to your destination upon receipt of a physician signed travel prescription
- If traveling by train or bus, be sure to alert the travel company so they can provide assistance with loading and unloading your Cycler*
- If your equipment will be handled by any 3rd parties during your trip (eg. train or bus staff), be sure to pack the cycler in a hard case or NxStage box with foam inserts in order to protect the cycler from damage.
- If your cycler or supplies have been exposed to cold temperatures, allow them to reach room temperature before use

CONTACT NXSTAGE CUSTOMER SERVICE TO ARRANGE THE SHIPPING DETAILS AND FOR COST QUOTES.

*Additional info about traveling with your Cycler is available on the equipment tab in this packet.





Travel by Land (CONTINUED)

The NxStage System One's design makes it well suited for driving trips.

The Cyclor fits in the trunk of most cars or can be buckled into the back seat. (We promise it won't back seat drive or ask how much longer until we get there!) Many patients pack it into an RV for a trip to visit family or a local campground. In either case, consider using a blanket or bubble wrap to provide an extra layer of protection from damage and secure it with a strap while traveling.

Travel tip: When traveling in a camper van or RV, do not weigh yourself inside. The floors are flexible and your weight may vary.

The Cyclor input power requirements are:

- Proper grounding
- Input voltage 100-120/ 230 VAC
- Auto ranging 50/60 Hz Input
- Power 600 VA (200 VA for Cyclor; 400 VA for AC outlet)

NOTE: NxStage has not tested the use of generators to supply power to the Cyclor and therefore cannot recommend, approve, or support the use of these power devices. The application and use of any backup power device is at the risk of the user and patient.



Travel by Sea

If you're thinking about booking a cruise, here are some things to keep in mind...

- Most cruise lines require notification of special medical needs at time of booking
- Ask to speak with an Access Coordinator or Service Manager to discuss accommodations and assistance with your supplies; have them make a note on your reservation that you will be traveling with medical supplies
- Inquire about any special requirements for the disposal of your supplies and needles or regulations about waste disposal
- Ask about the power supply and outlet configuration if cruising internationally. You may want to bring an extension cord adaptor and/or power strip for your cycler
- Contact NxStage a minimum of 60 days prior to your departure to ensure that proper cruise forms for medical supplies and security clearance paperwork can be completed before the delivery

CRUISE LINES SUGGEST HAVING A VALID PASSPORT AS IDENTIFICATION EVEN FOR DOMESTIC CRUISES IN CASE YOU NEED TO DEPART THE VESSEL PRIOR TO THE END OF THE SAILING.





Travel by Sea (CONTINUED)

Cruise travel involves additional documentation and logistical preparations so NxStage requires a travel form to be submitted 60 days in advance of departure.

- The cruise line, cabin number, and reservation information must be clearly communicated to NxStage Customer Service when you plan your travel
- You are responsible for verifying that your supplies are on the boat prior to embarking
- NxStage recommends you research and keep a list of hospitals at each port of call in case of an emergency
- Equipment swaps and supply deliveries are NOT possible at sea and at most ports of call; make sure you and your care team have a back up plan
- Take enough supplies for an extra treatment or two in case of a travel delay
- Take copies of your medical records with you in case you need to seek treatment while traveling*

For shipments to islands, NxStage will let you know if we can support supply delivery and provide a cost quote upon request. NxStage cannot support Cycler swaps to island destinations so be sure to discuss a back up plan with your care team.

*See Documentation tab in this travel package for more details

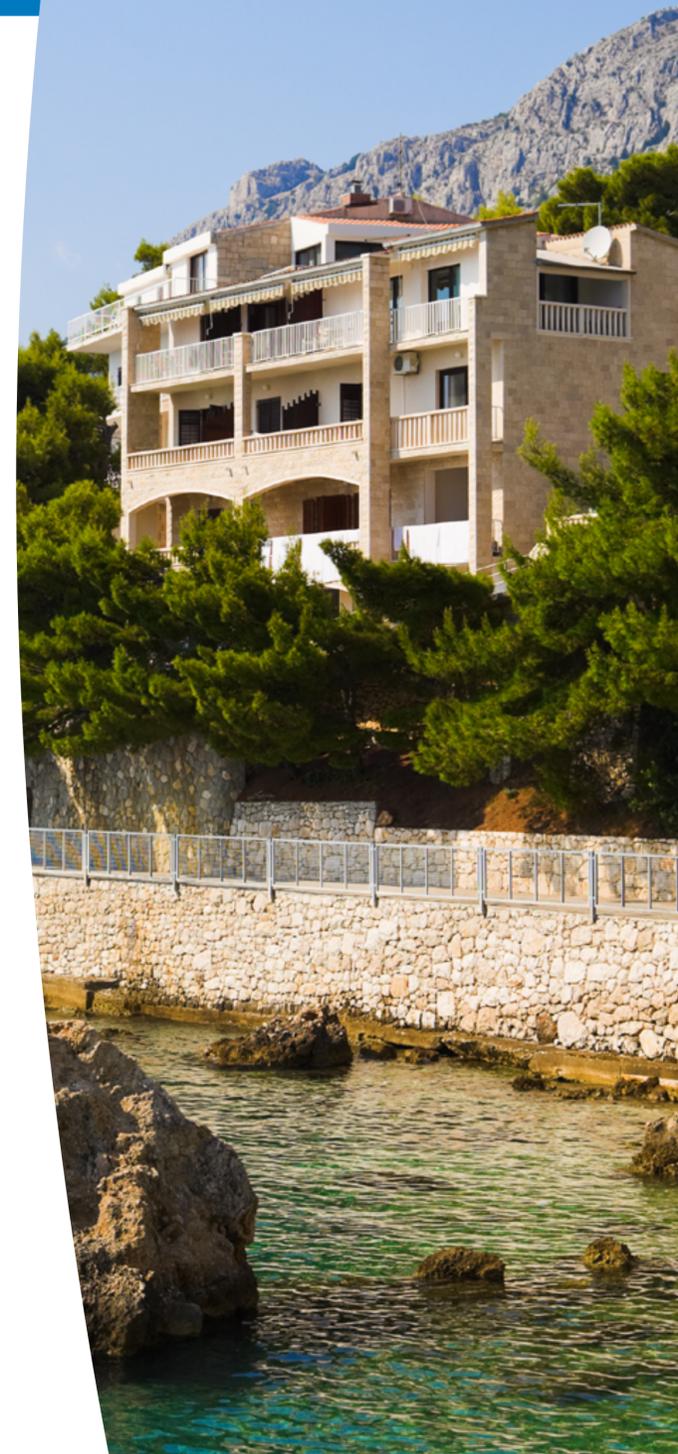


Hotel and Resort Information

When booking the lodging for your trip, it is important to contact the hotel or resort before finalizing your reservation.

- Here is a list of questions we recommend you ask **prior** to booking your lodging accommodations. If you don't receive satisfactory answers to your questions, ask for a manager!
- Can supplies be delivered a few days in advance of my arrival? Will there be a storage fee? Can I have a courier deliver directly to my room?
- Whose name at your location can I include on the shipping labels?
- Will supplies be delivered to my room at time of check-in? Is there a fee?
- What information do I need to include with the shipment documentation to ensure a timely delivery to my room?
- Are there elevators in the building?
- Are there any special requirements for the disposal of my supplies and needles?*

*Important: You are responsible for abiding by local waste regulations at your destination.





Hotel and Resort Information (CONTINUED)

A hotel is your home away from home during your travels so be sure to ask about amenities and the size of the room.



Document the name and phone number of the hotel personnel who will be responsible for receiving your supply delivery and communicate it to NxStage Customer Service so that it can be included in the delivery paperwork.

- Ask about the room layout to determine where you can best perform treatments
- Find out the number and locations of the electrical outlets. If there aren't any near the treatment location, consider bringing an extension cord
- Ask about the furniture and lighting in the room
- Use universal precautions during treatment to protect yourself and the treatment area
- Ensure that the hotel treatment area is left in the same condition as when you arrived
- Please be considerate of the cleaning staff and other hotel patrons by disposing of your supplies in solid colored disposal bags or boxes



Important Documents and Information!

Being prepared with the right paperwork is important for airline check in, passage through security, or a quick response to an emergency.

These documents will be helpful at the airport check-in counter, security and customs:

- Copy of your prescription
- Letter from your doctor stating your need for dialysis therapy
- Packing list of your supplies with descriptions, quantities, and weights
- Trip itinerary, booking confirmations, ticket numbers, etc.
- Passport and VISA or other international clearance applications (eg. ESTA for USA destinations, eTA for Canada destinations)
- Copy of **14 CFR 382** (See Travel By Air tab)

KNOW BEFORE YOU GO!

When traveling internationally, be sure to research requirements for importing medical supplies before you finalize your arrangements. Every country is different and some require special authorization that must be obtained in advance (eg. Mexico). These authorizations may take several months to process so allow plenty of lead time!





Important Documents and Information! (CONTINUED)

Travel with the piece of mind that if something goes wrong, you will be prepared!

These documents will be helpful if you need any medical assistance during your trip:

- Copy of your prescription
- Contact information for your home care team
- Contact information for a hospital at your destination
- Copies of your lab work, recent treatment records, etc to share with medical personnel in case of emergency
- Emergency number in the destination country

FOR DELIVERY OR EQUIPMENT QUESTIONS DURING YOUR TRIP, CONTACT NXSTAGE. A HANDY WALLET CARD IS PROVIDED IN THIS PACKET.



Travel with the NxStage System One!

Equipment may be available for rent in some countries.
Contact NxStage Customer Service to learn more.



Here is some important information on how to keep your Cyclor safe during travel:

- NxStage offers soft and hard sided travel cases which make moving the Cyclor easier while protecting it from damage
- The hard sided case should be used for any travel in which your Cyclor must be handed off to a third party (eg. Airlines, cruise lines, bus or rail companies)
- The soft sided case is handy for car travel as it has a handle and wheels to make transporting the Cyclor easier
- You may purchase cases from NxStage or your care team, or you may be able to arrange to share or rent one*
- When moving the Cyclor, ask someone to help you lift or move it so that you and the Cyclor remain injury free
- Mark your travel case with stickers that indicate it is a medical device. For example, “MEDICAL DEVICE: Must travel with passenger.”
- The original NxStage cardboard box and foam inserts may also be used for shipping

*Check with your care team for sharing or rental arrangements.



Travel with the NxStage System One!

You may purchase cases or boxes from NxStage. Your care team may also have options for sharing or renting travel cases.



SOFT TRAVEL CASE

SIZE	20"W x 20"H x 16"D (50.8cm x 50.8cm x 40.6cm)
WEIGHT (EMPTY)	Approx. 5 lbs (2 kg)
WEIGHT (WITH CYCLER)	Approx. 80 lbs (36 kg)



HARD TRAVEL CASE

SIZE	23"W x 20"H x 19.5"D (58.4cm x 50.8cm x 49.5cm)
WEIGHT (EMPTY)	Approx. 25 pounds (11 kg)
WEIGHT (WITH CYCLER)	Approx. 99 pounds (45 kg)



NXSTAGE BOX/INSERTS

SIZE	25"W x 21"H x 22"D (63.5cm x 53.3cm x 55.9cm)
WEIGHT (EMPTY)	Approx. 5 pounds (2 kg)
WEIGHT (WITH CYCLER)	Approx. 80 pounds (36 kg)



Packing Your Cyclor

Write down your cyclor settings in case you have a cyclor swapped.

When packing your cyclor, don't forget....

- Cyclor
- Cyclor base/fluid sensor
- Filter holder
- NxStage User Guides
- Electric power cord (lead)
- Plug adaptors for international travel*
- Treatment tracking system (eg. Nx2me iPad, booklets or sheets)
- Power strip (if needed)

Travel tip: When connecting the drain line, keep it less than 37" (94 cm) above the floor.

FOR TRAVEL IN REMOTE AND INTERNATIONAL DESTINATIONS, NXSTAGE MAY NOT BE ABLE TO SUPPORT CYCLOR SWAPS WITHIN 24 HOURS OR AT ALL DEPENDING ON YOUR LOCATION. PLEASE DISCUSS BACKUP OPTIONS WITH YOUR CARE TEAM PRIOR TO TRAVEL.

*Check out www.worldstandards.eu/electricity/plugs-and-sockets/ to find out what adaptors are required by country. The power cord for the cyclor is 12 feet long.



Packing Your Warmer

Remember, NxStage Technical Support is available 24/7 in case you need assistance in reassembling equipment at your destination.



When packing your warmer, don't forget....

- Warmer
- Collapsible IV pole
- IV pole hanger
- Dialysate bag cover
- Screws
- Power interconnect cord
- Dialysate bag strap
(Express warmer only)
- NxStage Express Warmer User Guide
- Bottom Warmer Bracket with thumbscrew
- Top Warmer Bracket

PROTECT YOUR WARMER BY WRAPPING IT IN BUBBLE WRAP OR PADDING BEFORE PLACING IT IN YOUR SUITCASE.



Travel With Confidence

Rest easy knowing that NxStage Customer Service and Technical Support are only a phone call away! Check with your cellular phone carrier prior to your departure to ensure that your phone will work at your destination.



In the event of a medical emergency contact your doctor

For non-emergency inquiries via email:
technicalsupport@nxstage.com

NxStage Customer Service and Technical Support

866-697-8243
(toll free within US and Canada)

(0) 800-048-8352
(toll free within UK)

978-687-4700
Direct to US



Carry the Nxpedition wallet card with you for a quick list of helpful numbers.

Important: You must be able to dial a US or UK phone number from your location to access NxStage 24/7 support.



Travel With Confidence

Know before you go! Fill out the back of your wallet card with the emergency response number for your travel destination, your physician name and the contact information for your home care team.

112 IS THE EMERGENCY RESPONSE NUMBER FOR MOST OF EUROPE, 911 WORKS IN CANADA, THE US AND MOST US TERRITORIES. TO FIND THE SPECIFICS FOR YOUR DESTINATION, ASK YOUR NXSTAGE CUSTOMER SERVICE REPRESENTATIVE FOR A COMPLETE LIST.



Click here to print a wallet card